

# Those closest to you CAN hurt you the most.



A reminder from the Hawaii State Department of Health  
and its community partners.



Every day in Hawaii, more than 50 women are physically or emotionally abused by their intimate partners.

## NO GET HURT Hawaii

**To help keep others you know and care about safe, know the warning signs of abuse and domestic violence.**

- Bruises on the skin, with the excuse of "accidents"
- Depression, crying
- Receiving frequent, harassing phone calls
- Fear of the partner and references to his/her anger
- Isolation from friends and family
- Frequent or sudden absences, or decreased productivity and attentiveness of a co-worker
- Call 911 or the police if you suspect abuse

*Injuries are preventable.*

[www.nogethurt.hawaii.gov](http://www.nogethurt.hawaii.gov)